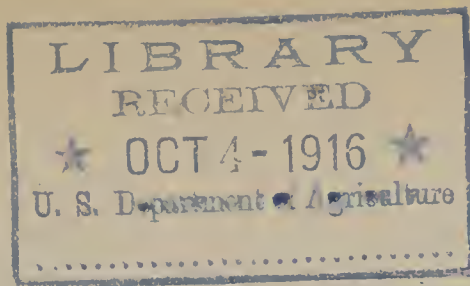


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Ext. N.—Form NR-28, rev.

## COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE  
AND STATE COLLEGE OF AGRICULTURE,  
COOPERATING.

STATES RELATIONS SERVICE, OFFICE OF EXTENSION  
WORK IN THE NORTH AND WEST,  
WASHINGTON, D. C.

### SUGGESTIONS NO. 4 TO CLUB LEADERS AND DEMONSTRATORS IN HOME CANNING-CLUB PROJECTS.

(CANNING SUGGESTIONS ONLY. FILE FOR REFERENCE.)

1. In taking up the work of the canning clubs follow but one set of instructions. If you use two sets from different sources you will have trouble.
2. Learn to classify your products in groups or classes. With fruits you will have four classes: Soft, hard, sour berry, and citrus fruits. One recipe for each group will simplify your work. (See Form NR-24 of this office.)
3. Learn to can one product successfully in a simple inexpensive canning outfit until you have learned the method and can successfully follow a recipe. In presenting canning to the public teach the method and use of various *types of outfits*. Do not teach canners. Demonstrate *methods*, not recipes; *types of canners*, not special makes of canners.
4. No child or amateur should be started on the canning of meats the first year. We do not send printed instructions on the canning of meats in the first year's work. Such canning to be successful requires special knowledge and experience in the canning of fruits and vegetables.
5. All containers, both glass and tin, should be filled *full* of the products and the hot sirup or hot water with salt poured over the product after it has been packed. As yet there are no standards of weights adopted by the United States Department of Agriculture for all products. Just fill full of fruit or vegetables before adding liquid.
6. Do not demonstrate the canning of fruits and vegetables for your first season with products not grown in your community. Begin with the cheapest food products—those that usually go to waste. To teach the canning of citrus fruits and bananas in the North and Northeast and neglect the canning of beans, peas, and tomatoes is a serious mistake and quite out of place and is on a par with teaching the use of finger bowls before you teach the use of knives, forks, and napkins.
7. In canning cabbage and other similar products always soak the product in slightly salted cold water for 30 minutes before sterilizing. This is believed to improve the flavor. Always wash greens or other vegetables, to remove all dirt and grit. In canning vegetables, such as greens, carrots, beans, peas, okra, etc., blanch and cold dip before filling cans. Blanching improves flavor, if vegetables are too strong. It also improves textures by making vegetables more tender than they would otherwise be, improves appearance by helping to make the liquid in the can clear, and in some cases—such as spinach or greens—makes it possible to pack the cans so that they will be more solid.
8. Canned apples for pie filling may deteriorate if kept over the second year, especially if the proper method of canning has not been used.
9. Some greens are apt to discolor the tin if the can is not filled or packed tight. Blanching and cold dipping in advance, then packing the product tight, make for definite success.



10. Rhubarb is very acid, and since the acid attacks tin it should be put up in glass jars. On account of its acidity rhubarb keeps well and there is little difficulty in canning it.

11. When possible, it is sometimes an advantage to use live steam in the loosening of the skins of tomatoes, peaches, potatoes, sweet potatoes, etc. When you are asked or told about the importance of the exhaust period, explain that this is overcome by simply blanching and cold dipping in advance of sterilization.

12. Grading food products for canning purposes is just as important as grading for the crate when you are marketing fresh products. The commercial strength or value of the pack is determined by its weakest part. In other words, you will get for that pack no more than you would get if all of the product was like the poorest part of it.

13. In the canning of vegetables, especially greens, it is particularly important that you should get all the advantages of improved flavor, texture, and appearance which come from blanching, that you should effect the removal of certain acids in order to avoid salts of tin, and at the same time retain enough of the volatile oils and other substances to give a distinctive vegetable flavor. This is more successfully accomplished by blanching with live steam in a steamer than by blanching in water, as blanching in boiling water often takes out volatile oils and mineral substances that should be retained for food.

14. In presenting the use of glass jars and tin cans always begin by teaching how people can utilize the glass jars already on their shelves, but make sure that they understand the importance of good rubbers. This usually means the use of new rubbers. Then suggest other successful types of containers. Teach types, not jars.

15. Become familiar with the requirements of the Food and Drugs Act of June 30, 1906, as amended, and State laws governing grade, weight, labels, and trade-marks of all canned goods. It is very important that the contents be stated plainly and accurately upon the label.

16. If tin cans bulge at both ends after they have been completely cooled, it indicates that they are spoiling and developing gas, due to some objectionable bacteria, spores, or chemical action. These may be saved by opening the vent hole at once, pressing both ends of the can back to normal, retipping, and processing again for a few minutes.

17. When canning fruits and vegetables in glass, care should be taken to store packs in a dark place or wrap in paper, for green products, as well as nicely colored fruits, will bleach or fade quickly in the light.

18. Always avoid the appearance of advertising any kind of equipment. Only show your interest in types as an aid to the promotion of the work in which you are engaged. Efficient labor-saving devices for home canning are important to our work and should be encouraged.

19. In the canning of fruits hot sirup should be poured over the product after the pack is full. In canning vegetables, greens, etc., hot water, and then salt, should be added and "cooking" done in jar with rubber and cap in place, but not tight. Tin cans should be sealed completely.

20. Sometimes the color and texture of a product is improved by pouring cold sirup over a cold product in a cold jar, bringing it up gradually in the sterilizing vat to the boiling point, and then sterilizing the required time.

*O. V. Benson*

*In Charge of Boys' and Girls' Club Work in the North and West.*

Approved:

C. B. SMITH,

*Chief, Office of Extension Work*

*in the North and West.*